



Corda Banneux

Hasselt 29.5.2023

Omega

Martin PIOCH

Indiv.

Course : H:02

Distance : 5440m

Time : 0:49:51 (9'10"/km)

20/29

O.K.

[Full result on Webres](#)

1. Kim JANSEN	0:33:29
2. Sandro GRASSO	0:34:01
3. Guido LENGES	0:35:19

1.	131	00:01:53		183m	10'17"/km
2.	113	00:00:21	00:02:14	56m	6'15"/km
3.	112	00:01:34	00:03:48	132m	11'52"/km
4.	122	00:01:20	00:05:08	131m	10'11"/km
5.	114	00:01:12	00:06:20	95m	12'38"/km
6.	111	00:01:50	00:08:10	283m	6'29"/km
7.	123	00:03:22	00:11:32	427m	7'53"/km
8.	118	00:00:52	00:12:24	135m	6'25"/km
9.	139	00:02:12	00:14:36	111m	19'49"/km
10.	116	00:01:53	00:16:29	255m	7'23"/km
11.	117	00:02:03	00:18:32	113m	18'08"/km
12.	124	00:00:57	00:19:29	119m	7'59"/km
13.	129	00:02:03	00:21:32	206m	9'57"/km
14.	128	00:01:24	00:22:56	132m	10'36"/km
15.	136	00:01:30	00:24:26	130m	11'32"/km
16.	130	00:00:57	00:25:23	50m	19'00"/km
17.	140	00:01:19	00:26:42	64m	20'34"/km
18.	147	00:02:39	00:29:21	285m	9'18"/km
19.	148	00:01:06	00:30:27	109m	10'06"/km
20.	134	00:00:44	00:31:11	90m	8'09"/km
21.	132	00:00:50	00:32:01	126m	6'37"/km
22.	133	00:00:40	00:32:41	56m	11'54"/km
23.	135	00:02:06	00:34:47	282m	7'27"/km
24.	146	00:01:02	00:35:49	131m	7'53"/km
25.	126	00:00:57	00:36:46	131m	7'15"/km
26.	145	00:01:41	00:38:27	231m	7'17"/km
27.	149	00:04:02	00:42:29	478m	8'26"/km
28.	127	00:01:07	00:43:36	132m	8'28"/km
29.	121	00:02:15	00:45:51	240m	9'23"/km
30.	142	00:02:32	00:48:23	298m	8'30"/km
31.	120	00:01:16	00:49:39	176m	7'12"/km
32.	999	00:00:12	00:49:51	52m	3'51"/km